

EYE ON HEALTH

Feast Your Eyes On Eye Healthy Foods

National Nonprofit Says That Healthy Eating Habits And A Free Eye Exam May Delay Age-Related Macular Degeneration

(NAPSA)—Approximately 10 million Americans suffer from age-related macular degeneration (AMD), a devastating eye disease and the leading cause of vision loss in people 65 years or older in the United States. Although there is no cure for AMD, recent studies show that by eating foods rich in antioxidants lutein, omega-3 fatty acids and zeaxanthin, beta-carotene, vitamin C, vitamin E and zinc, you may slow the progression of AMD.

Additionally, EyeCare America, a public service program of The Foundation of the American Academy of Ophthalmology, urges seniors to take advantage of the free eye exams available through its AMD EyeCare Program by calling (866) 324-EYES (3937) to see if they qualify.

So, what type of foods should you eat?

- Most fruits and vegetables contain vitamin C, including oranges, grapefruits, strawberries, papayas, green peppers and tomatoes.

- Vitamin E can be found in vegetable oils (safflower and corn oil), almonds, pecans, wheat germ and sunflower seeds.

- For beta-carotene, try deep orange or yellow fruits and vegetables such as cantaloupes, mangoes, apricots, peaches, sweet potatoes and carrots.

- Dark green leafy vegetables such as broccoli, collard greens, asparagus and spinach are the primary sources of lutein and zeaxanthin.

- Good sources of zinc include beef, pork, lamb, oysters, eggs, shellfish, milk, peanuts, whole grains and wheat germ.

In light of this, EyeCare America has teamed up with celebrity



Chef Janette Barber participates in the national Feast Your Eyes on This campaign.

chefs from across the country to provide healthy recipes that include foods rich in vitamins and antioxidants. Celebrity chefs participating in the campaign include Devin Alexander, Janette Barber, Domenica Catelli, Jim Coleman, Jill Davie, Khai Duong, Mr. Food, Jeff Fournier, Mary Beth Lawton Johnson, David Lawrence, Maria Liberati, Kate McAloon, Jeff Moschetti, Rebecca Newell, Jyl Steinbeck and Jeff Tsao. Recipes from each of the chefs are available online at www.eyecareamerica.org.

“Making the decision to get healthier with your eating choices can have such a huge effect on every aspect of your life,” said Chef Janette Barber, former host of Food Network’s “Lighten Up.” “My sister has cataracts and macular issues. The state of her eyes affects everything. Learning that something as simple and wonderful as cooking healthy food can actually help is truly empowering.”

EyeCare America’s AMD EyeCare Program is a year-round program that promotes annual eye exams for people 65 and older, raises awareness of AMD, provides the latest information about treatment options and low-vision services, offers free AMD educational materials and facilitates access to care at no out-of-pocket cost for those who qualify. The eye exams will be provided by more than 7,000 volunteer ophthalmologists across the U.S. People may call the toll-free helpline at (866) 324-EYES (3937), anytime, for themselves, family members or friends to see if they qualify for a free eye exam or to request free AMD educational material.

Callers who have not seen an ophthalmologist in three or more years may be eligible to receive a comprehensive medical eye exam and, in most cases, up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam.

The AMD EyeCare Program is designed for people at increased risk for AMD but who have NOT been diagnosed and who:

- Are age 65 and older
- Are U.S. citizens or legal residents
- Have not seen an ophthalmologist in three or more years
- Do not belong to an HMO or the VA.

Eyeglasses, medicines, hospital services and fees of other medical professionals are not included.

For more information about EyeCare America’s award-winning referral program and recipes from each of the celebrity chefs, visit the Web site at www.eyecareamerica.org.